

## Walk to Jerusalem

### Lenten Pilgrimage – A Journey for Spiritual & Physical Health

Join us for our 17,898 mile imaginary pilgrimage to Jerusalem! Starting in Hillsboro, we will travel around the globe to our final destination where we will spend Holy Week. In addition to walking (or doing another physical activity of your choice), we will be meditating on a Bible verse, a reflection of that verse, and questions to ponder as you exercise. We will also be learning more about the cities and churches that we visit along our route. A world map in the church vestibule will show the route and our progress along the way, as well as an information sheet about each destination.

***What is a mile?*** If you don't know the actual distance you have traveled, or you are doing an activity other than walking (such as aerobics, swimming, etc.) convert as follows:

- 2,000 steps = 1 mile
- 20 minutes of activity = 1 mile

***How to record your miles?*** Turn in one Tally sheet per week, per household, recording the total miles of all participating members for that week. There will be designated boxes at the church entrances to leave them in. You may also email your weekly results (include family name) to [stmatthewjerusalem@gmail.com](mailto:stmatthewjerusalem@gmail.com). Check the parish website ([stmatthewhillsboro.org](http://stmatthewhillsboro.org)) to monitor our progress and find out other information.

***What do we read along the way?*** The booklet "Traveling Mercies" has a weekly devotion that we will all be meditating on. Since it is the year of Mercy, feel free to include other prayers of mercy and the Divine Mercy chaplet if you wish. This material is to help you grow spiritually during your pilgrimage. The first booklet (blue) is for the first 3 weeks. A second booklet (purple) will be for Lent and will be available at a later date.

***Where are we visiting along the way?*** Starting in Hillsboro on 1/24, we will visit:

- 1/31 – San Diego, CA (Misión Basílica San Diego de Acalla)
- 2/6 – Mexico City, Mexico (Basílica of our Lady of Guadalupe)
- 2/14 – San Salvador, El Salvador (Metropolitan Cathedral of the Holy Savior)
- 2/21 – Buenos Aires, Argentina (Basílica de San Jose de Flores)
- 2/28 – Manila, Philippines (Cathedral Basílica of the Immaculate Conception)
- 3/6 – Vailankanna, India (Shrine Basílica of Our Lady of Health Vailankanna)
- 3/13 – Cairo, Egypt (St. Joseph Zamalek Catholic Church)
- 3/20 – Jerusalem, Israel (Vía Doloros/Passion Week)
- 3/27 – EASTER SUNDAY

## Summary

- Sign up for the journey
- Be active and pray – God is with you - track your miles of activity each week
- Turn in your household TALLY SHEET **weekly**
- Call or email if you have questions: Monica Thursam, Parish Nurse, 503-648-7677

[cozymmt@yahoo.com](mailto:cozymmt@yahoo.com)

(Sponsored by Parish Nurses, Health Ministry, and Promotores)